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## BUILDING BONES AND TEETH

There was some truth in the old idea that "each child costs his mother a tooth," because diets often did not contain enough calcium to build the child's bony structure and still keep the mother's teeth and bones in good condition.

Today, it is known that a quart of milk a day will furnish the daily supply of calcium for an expectant or nursing mother, or for a growing child.

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, says that this milk can be  
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used as a beverage, or it can be used in cooked foods. Cheese is also an important source of calcium. The green leafy vegetables furnish generous amounts of calcium, too. But, unless a person takes milk in some form, it is almost impossible to get a liberal supply of this mineral.

The supply of calcium merits special attention because diets are so often low in this mineral. The Federal Bureau of Home Economics recently made a diet study of city families the country over and found that less than half the families surveyed were getting as much calcium as they could use to good advantage.

Phosphorus is also needed in building bones and teeth. It can be found in nearly all of the calcium-rich foods and also in eggs, lean meats, fish, and cereals. In fact, phosphorus is so well distributed throughout the common foods that there is little danger of a shortage in this mineral if one eats a good assortment of the everyday foods.

Vitamin D must also be present so the body can make the best use of the calcium and phosphorus. Sun baths help to supply vitamin D. But foods rich in this vitamin, especially the fish-liver oils, are a more dependable source all the year around.

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